

# rejuvenate



## Vitality in Motion

Guests can be active and stay centered during their travels with the recently launched Swissôtel Vitality picnic package—which includes a Tom’s backpack filled with a S’well water bottle and snack for excursions, six illustrated mindfulness postcards, and Swiss Caran d’Ache coloring pencils—available at eight hotels worldwide, including Swissôtel Chicago.

The Vitality Programme is an integral part of the brand and features in-room amenities such as a medicine ball, yoga mat and exercise cards. Vitality dishes provide a nutritious selection of healthy and light choices, and Vitality Guides designed by alpinist and travel writer John Harlin are roadmaps for urban exploration. In Chicago, guests can opt to take a bike tour or yoga class, kayak on the river or participate in a guided morning run. “We know that our guests lead busy and productive lives, which is why our

hotels are purposefully designed and efficient without compromising on the special touches and genuine comforts that make a stay inspiring,” says Lilian Roten, vice president, Swissôtel Hotels & Resorts. “Our Vitality Programme is about enhancing that experience and giving our guests the opportunity to recharge and reconnect to one’s mindfulness and wellbeing while on the road.”

Guests can share peace of mind with others by sending illustrated mindfulness postcards, individualized with colored pencils, to friends and relatives. Coloring is proven to slow you down, and listening to podcasts reflecting on the postcard’s themes—authenticity, vitality, calm, hospitality, tradition and clarity—encourages guests to unwind and be in the moment. [swissotel.com/hotels/chicago](http://swissotel.com/hotels/chicago)

—Kristin Vukovic